



Arizona Department of Public Safety **DIGEST**

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'Courteous Vigilance'

July/August 2007

A partnership for safety

Miss Arizona 2007, Nicole Turner, greets a few of the DPS officers who attended the Aug. 17 press conference at the Department's Training Building in Phoenix that was held to announce her partnership with the agency. See full story on Page 7.



Special DPS Crime Lab team recognized by FBI for contributions

Team conducts DNA analysis that may help ID bomb makers and suicide bombers

On Aug. 1, 2007, Roger Shields, director of the FBI's Terrorist Explosive Device Analytical Center in Quantico, Va. and Phoenix FBI Special Agent in Charge, John E. Lewis, recognized contributions made to national security by the DPS Crime Laboratory's Mitochondrial DNA (mtDNA) Analysis Program.

The FBI officials presented members of the advanced DPS program with a certificate and medallion of appreciation.

In 2003, the mtDNA Unit was formed as one of only four FBI partner laboratories nationwide to conduct mtDNA analysis. As a partner laboratory, DPS receives mtDNA

cases from across the U.S. and from places worldwide where U.S. interests are involved.

Mitochondrial DNA analysis is the DNA analysis of last resort used when there is no cellular material available. Samples are often limited to hair shaft fragments only a few millimeters long which are very degraded.

Many of the cases analyzed by the mtDNA Unit involve minute hair fragments recovered from pieces of detonated improvised explosive devices recovered in Iraq and other areas where terrorist bombers are active.

Analysis of these hair fragments may help to identify a suicide bomber, the bomb

maker or provide other valuable intelligence information. The mtDNA profiles developed by DPS are relayed to the FBI for comparison with previously developed profiles from other cases.

As the only crime laboratory in Arizona conducting mtDNA analysis, the DPS Crime Laboratory accepts samples for analysis from all Arizona law enforcement agencies.

The mtDNA Unit also assists Arizona medical examiners and Mexican authorities with the identification of human remains suspected of being those of undocumented border crossers who have perished in the southern deserts.

From Director
Roger L. Vanderpool's
Vantage Point



Last year, more than 300 DPS employees, including myself, participated in the annual State Employees Charitable Campaign (SECC).

These employees, through small payroll deductions or cash donations, combined to raise over \$60,000 for the effort that benefits hundreds of health and human service agencies throughout Arizona, the nation and abroad.

These non-profit agencies respond to urgent needs in our community and have successfully worked to cure disease, shelter women and children from abuse, feed the hungry, clothe the homeless, protect the environment and restore the lives of hurricane, earthquake and tsunami victims at home and around the world.

Several campaign eligible charities have even helped members of our very own DPS family in times of need.

With this year's SECC quickly approaching, I urge you to visit the official SECC website at www.azsecc.org to view the complete list of campaign-eligible charities.

Find a charity, or group of charities, close to your heart so you will be better prepared when our agency SECC coordinators, led by DPS Highway Patrol Division Chief Jack Lane, distribute campaign pledge cards and other related materials to you. After all, the SECC is very easy to participate in and the hardest part is often just picking which charity or charities you want to give to.

If every employee at DPS were to contribute just one dollar per pay period this year to a SECC-eligible charity of his or her liking, our agency would make an incredible contribution to the campaign that has come to serve as a lifeline for the selfless organizations that help so many.

Keep in mind that 94 percent of the money raised through the SECC each year goes directly to the charities, making it one of the most cost-effective state campaigns in the nation.

I already have a good idea of what charities I am going to give to this year through the SECC (my list has always included organizations I believe strongly in such as the Boys and Girls Clubs, the Salvation Army, and Special Olympics). The campaign will be here before we know it and I hope you already have a solid idea as well of what SECC charities you will be contributing to.

For the record
Electronic greeting cards a threat

by Sloane Burwell
 DPS Lotus Notes Administrator

SPAM e-mail continues to be a problem at DPS. Not only is it annoying, and takes time to delete, it can also carry a computer virus. One of the new ways that spammers are spreading these e-mail viruses is thru electronic greeting cards.

Electronic greeting cards, or "e-cards", if you haven't seen them, can be sent from any number of sources. In order to open an e-card, the recipient is mailed a link, and in the link the name of the sender is displayed.

Again, just like any other e-mail attachment, if you do not know the name of the person who is sending the e-mail, do not open it.

These "e-cards" often look like they have been sent by "Your Friend", or simply "Colleague". If you see these, just delete.

One of the ways DPS fights spam e-mail is with Spam Sentinel. This advanced software helps the DPS Information Technology Bureau stop Spam from reaching your mailboxes.

If spam has attempted to reach your DPS e-mail account, you will get an email from "Spam Sentinel".

When you open this e-mail from our friendly software program, you will see a display that indicates how many pieces of spam mail were blocked before reaching your inbox.

The display will also show you exactly what messages, many of which are tacky advertisements, were actually blocked.

From time to time, you may find an e-mail in the display that has been blocked but is really not spam. This is called a "false positive".

To release the e-mail, click on the message. You'll see a button that says Release Message.

Once you click on this button, the message will be delivered to your regular inbox. You have 14 days from the time you receive the initial message from "Spam Sentinel" until it is automatically deleted from our server.

As always, please call DPS extension 2421 to create a ticket if you need help with Lotus Notes or any other DPS computer hardware or software.

The author of this piece, Sloane Burwell, will be contributing articles to The Digest every other month which will address issues with DPS' e-mail system and how the system's performance can be optimized with the help of agency employees.

The Digest is published monthly by the DPS Community Outreach and Education Program for DPS employees and retirees.

Employees are invited to submit story ideas or stories for publication. Stories or story ideas may be submitted to *The Digest* by mail (mail drop 3350), EMS or Telephone (602-223-2545).

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The Digest can be accessed directly from the DPS World Wide Web home page at <http://www.azdps.gov/digest>.

*The Arizona Department of Public Safety
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DPS Officer shot multiple times after a pursuit with a motorcyclist

Officer Kyle DeForest was shot and wounded on July 5 after a short pursuit of a motorcycle near U.S. 60 and State Route 101 in Sun City.

The pursuit began shortly after 10:30 p.m. when DeForest attempted to stop a motorcyclist for a traffic violation. Minutes later, the biker got off of his motorcycle and fled on foot near 99th Avenue.

DeForest chased the suspect and intended to stop him with his Taser.

However, shortly after the foot pursuit began the suspect fired six shots.

Four of the shots hit DeForest leaving him with wounds in his left and right thigh, his left forearm and the right side of his head after a bullet grazed it.

Officer Eric Paulsen was in the area and was the first to respond to the call to assist.

The 32-year-old DeForest, who has been a DPS officer for five years and worked as a dispatcher before that, remained conscious throughout the on-scene treatment and was transported to John C. Lincoln North Hospital.

Doctors admitted him to the hospital in good condition and he has since returned home and is expected to fully recover.

The suspect remained at large following the shooting, but was later identified as 20-year-old Daniel Navasad. Once he was identified, he was tracked down and taken into custody.

Officers found a bag at the scene that contained a videotape that tipped them off to Navasad. He is facing a variety of serious charges related to his attempt to take the life of Officer DeForest.



The Department travels to Michigan in effort to gain new recruits

by Kellen Chavez, Digest Staff Writer

"Whether we're wearing blue or tan, we're all the same underneath," Sgt. Eric Anspach said concerning those in the law enforcement profession the Department contacted on its recent recruiting trips to Michigan.

Earlier this year, DPS representatives made two recruiting trips to Michigan, a state suffering from economic woes that have required law enforcement cutbacks, in hopes of gaining quality additions to the DPS force.

The Department's entire Recruiting Unit along with other officers and sergeants, 12 representatives total, first traveled to East Lansing in April.

Fourteen went on the second trip in June.

In regards to the choice of East Lansing as a home base, Anspach said, "We chose East Lansing because it seemed the most centrally located to Detroit, Ann Arbor and other neighboring states."

Sgt. Chuck Herrera spearheaded the initial planning about a month and a half before the April trip.

Anspach said that Director Roger Vanderpool saw this as an opportunity to help both those without work in the police fraternity and to gain quality additions to DPS.

"If there wasn't a job for good law enforcement officers in Michigan we wanted to make sure that they knew that there was a job for them here," Anspach added.



Recruiting in Michigan

A DPS recruiting officer (above) gives a presentation to an auditorium filled with prospective recruits in Michigan. The Department's Recruiting Unit made two trips to the state earlier this year, in April and in June, as Michigan was forced to deal with economic woes by implementing law enforcement cutbacks, including layoffs.

For both trips, DPS used local publications to advertise that they would be in the area seeking new recruits.

Anspach said, "We ran a number of advertisements in *The Detroit Times*, *The Detroit Free Press* and *The Metro Times*, two or three weeks prior to arriving in Michigan.

"The circulation of those papers allowed the advertisements to be seen in Michigan and some surrounding states," he said.

Attention to Michigan's neighboring states proved beneficial in acquiring applicants.

Anspach added, "The majority of applicants were from Michigan, but we also drew from Illinois, Ohio and Wisconsin."

To make the process run more smoothly for applicants, the recruiting teams administered Phase I – consisting of the written test, physical fitness test and oral board – of the application process on site in East Lansing.

However, those who qualified for Phase II – the polygraph and background check – had to travel to Phoenix for the tests.

Anspach said, "Some applicants had a

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After more than 35 years of service, Ray Buttes retires from DPS

Ray Buttes retired from the Department on June 29 after more than 35 years of service to the agency.

Buttes began his career with the Department on May 1, 1972, as a police communication specialist assigned to Operational Communications in Flagstaff.

He became a probationary officer on Aug. 10, 1975. Upon graduation from the academy, he was assigned to Tonopah. Over the next 13 years, Buttes served in Buckeye, Avondale, Goodyear and Sun City.

He worked as a group member of the Collision Investigative Unit and Commercial Vehicle Unit, and was District Court liaison officer and district reserve coordinator.

In 1988, he transferred to the Special

Services Division and served in an enforcement and administrative capacity regarding commercial vehicle laws and responding to hazardous materials incidents statewide.

Buttes promoted to sergeant in 1993 and was assigned to the crime lab as the intoxilyzer unit supervisor.

He was also instrumental in the development of the Alcohol Data Acquisition and Management System (ADAMS), as well as the training of all DPS officers statewide on the new breath-testing system.

In 1999, Buttes transferred to the Highway Patrol Bureau and was assigned to Metro West in Wickenburg. A 2001 transfer sent him to Youngtown where he remained until his retirement.



Ray Buttes

Cynthia Pellien retires from the Department after 30 years of service

Cynthia Pellien retired from DPS on July 6 after serving the Department for 30 years.

Pellien began her career with the Department on July 10, 1977, as an identification clerk II. In 1979, she became a clerk III.

In 1981, she was promoted to criminal records supervisor in the Arizona Criminal Justice Information System (ACJIS) Division. She was promoted to records manager in 1983.

In 1995, Pellien moved to take on the Arizona Automated Fingerprint Identification System (AZAFIS) Project Coordinator responsibilities after a promotion to administrative services officer.

In 2004, she was promoted to administrative service manager, assigned to the

Criminal History Records section.

In 2005, she was selected as the Criminal Justice Support Division Manager of the Year.

Pellien also led the development of the AZAFIS Mug Photo Interface (MPI) Subsystem that enables law enforcement personnel from 39 agencies to conduct rapid electronic facial recognition searches of the 9.4 million photos in the MPI database.

Moreover, during Pellien's nine-year tenure as the AZAFIS Project Coordinator, she was always involved as the system continually expanded and improved.

In 2005, she assumed management responsibility for the new Arizona Disposition Reporting System (ADRS).



Cynthia Pellien

After more than 30 years of service, Steve Pferdeort retires from DPS

Steve Pferdeort retired from DPS on June 29 after more than 30 years of service.

Pferdeort began his career with DPS as a cadet officer on April 3, 1977, and was assigned to District 8 after the academy.

After a transfer to the Criminal Investigations in Tucson, Pferdeort investigated motorcycle gangs, drug trafficking groups and other criminal organizations.

In 1983, he transferred to the Liquor Investigation Unit.

In late 1984, he was promoted to sergeant and supervised ILED units in Cochise, Graham and Greenlee Counties. Pferdeort was instrumental in the development and success of the Border Alliance Group (BAG).

In January 1989, Pferdeort was assigned to supervise the Narcotics District Script

Unit, which conducted liquor investigations and assisted the Department of Revenue with financial crime investigations.

After a reassignment to MANTIS, his squad was one of the first units to utilize thermal imaging to detect "indoor grow" houses.

In mid 1995, he was assigned to the Investigative Support Center of the Arizona High Intensity Drug Trafficking Area (HIDTA).

As supervisor of the analytical and research units of the Department's Post Seizure Analysis Team, he facilitated its success evidenced by the honors awarded: the 1999 Intelligence Bureau Squad of the Year, and Office of National Drug Control Policy Investigative Support Center of the Year.



Steve Pferdeort

Sgt. "Woody" calls it a career after more than 33 years of service

Sherrill "Woody" Wood retired from DPS on May 31 after more than 33 years of service to the agency.

Wood began his career with DPS on Sept. 1, 1973, as a member of Class #24.

Fresh out of the Navy, he was one of 45 cadets who reported to Lt. Carol Pennington of the Training Section in Phoenix to begin his law enforcement career. Little did he know at that time that his call to duty would last more than three decades.

His first assignment upon graduation from the academy was to Tonopah. A few of his assignments included embracing the new challenges in Advanced Training, Criminal Investigations, Human Resources and Property and Evidence.

However, Wood's career was threatened in 1980, while on duty on a rural stretch of Interstate 10 south of Phoenix, when he was involved in a rear-end collision. Wood battled back from his injuries and returned to full duty.

In early 1981, he promoted to sergeant. As a sergeant, he would go on to receive four Director's Unit Citations and a meritorious service award.

A large part of Wood's legacy can be attributed to his unwavering dedication to the Honor Guard. He was a member of the guard for over 18 years, with 13 of those years spent as the Honor Guard coordinator. Wood helped coordinate 497 funeral and ceremonial-related Honor Guard details.



Sherrill Wood

With more than 56 years combined, the Mitchells decide to retire

Husband and wife, Bob and Corrine Mitchell, retired from DPS on June 29 after contributing more than 56 years of combined service to the Department.

Bob began his DPS career on Sept. 4, 1977, as a member of Class #31 of the Highway Patrol Basic Academy. Upon graduation, he was assigned to what was then District 10, Buckeye. Following five years working the road, he was assigned to Highway Patrol Headquarters where he served as staff officer.

Bob promoted to sergeant in 1986, after finishing first in the selection process. He was assigned to Metro East. As a sergeant for more than 20 years, Bob served the Department in many positions including Highway Patrol, Inspections and Control, Concealed Weapons Unit and staff sergeant in both the Operations and Agency Support Bureaus. While assigned to the Concealed Weapons Unit, he was charged with the initial implementation of Arizona's Concealed Weapons Permit legislation.

In his final assignment with the Department, Bob served as the chief of security for the House of Representatives. In this position, it was Bob's responsibility to make the House accessible to the public while ensuring the safety of legislators and staff.

He helped to implement the Capitol Mall Security Group in an effort to foster cooperation between state agencies responsible for security and law enforcement response to events occurring at the Capitol. On May 29, 2007, he was recognized on the floor of the House for his outstanding service.

Speaker Jim Weiers presented Bob with

a plaque recognizing Mitchell for his "strong leadership as head of security, for lending his humor, humility and honor, for keeping first and foremost in his mind the safety of all who entered the Arizona House of Representatives."

Over the course of his career, Bob also received many letters of appreciation and Director's Unit Citation awards for his work in the following areas: Highway Patrol District 10, CCW Unit, DPS 25th Anniversary Committee and the Incident Command Committee.

In addition to his regular duties, Bob was also active in DPS employee groups such as being a leader in the Fraternal Order of Police, Lodge #32, serving as chaplain for over 10 years.

Corrine, "Coe," Mitchell began her career with DPS on Aug. 30, 1981, as an officer trainee assigned to ACJIS Criminal Information Systems. A month later, Coe entered the academy as a cadet officer.

Upon graduation, she was assigned as a Highway Patrol officer to District 5 in Phoenix. As an officer, Coe also worked in District 10 and served a 90-day assignment as a recruit training officer at the Arizona Law Enforcement Training Academy.

Coe was promoted to sergeant in August 1986 and assigned to the Advanced Training Division. As a sergeant for more than 20 years, she served in many different areas of the agency including Motors, Highway Patrol, Internal Affairs, LEMSC Business Manager's Office, Asset Forfeiture, Liquor Investigations and Special Investigations Unit and Inspections.



Bob and Coe Mitchell

During these assignments Coe assisted with promotional processes and participated in nine Department committees, including those for Drug Free Workplace, the Silver Anniversary and for changes to the Merit System Council Rules.

Coe was an adviser for the DPS Explorer Post #403 and always worked hard to improve conditions for her fellow employees. She was a district representative in the Associated Highway Patrolmen of Arizona and has held several elected positions with the Fraternal Order of Police, Lodge #32.

She also earned many awards including two Frank Eyman Awards for outstanding FOP member, 2002 Supervisor of the Year Award, Knights of Columbus Public Safety Award, and she was a four-time recipient of a Director's Unit Citation.

Bob and Coe have been married for 21 years and have two sons, Denys and Brandon Poyner.

Deputy Director David Felix receives community service award



Proud moment

The National Latino Police Officers Association (NLPOA), the largest Latino Law Enforcement Organization in the United States, recently presented DPS Deputy Director David Felix (center) with its prestigious 2007 Community Service Award. Presenting Felix with the award were NLPOA West Coast Vice President Frank Balkcom (left) and Arizona NLPOA State President Adam Bustos (far right).

The National Latino Police Officers Association (NLPOA), the largest Latino law enforcement organization in the United States, recently presented DPS Deputy Director David Felix with its prestigious 2007 Community Service Award.

Felix, who recently celebrated his 35th year with DPS, was given the award at the NLPOA's 15th Annual Scholarship and Awards Banquet in Phoenix on June 9.

DPS Director Roger Vanderpool nominated Felix for the lofty award which is given by the NLPOA to one individual who has demonstrated exceptional "professionalism, leadership and service to the citizens of the state of Arizona which reflects well upon the individual and the law enforcement community."

NLPOA representatives said they ultimately chose Felix for the award because, as evident in his personal and professional track record, he has successfully "committed his life and career to two simple, basic concepts: serve God and serve people."

During the presentation of the award, it was noted that Felix has been a certified member of the DPS critical incident stress

management and peer support teams for over 10 years - the only executive staff member at DPS to serve in this capacity.

Through this program, he has supported and assisted numerous law enforcement families who have suffered traumatic loss.

In addition, it was also noted that Felix is actively involved with his church, the Central Christian Church of the East Valley, and is involved in men's ministries including "Amor Ministries" which helps build homes

issues and in career development.

Recognizing the impact of border crime in the state, and the critical need for quality relationships and communication between law enforcement leaders in Arizona and Sonora, Mexico, Felix was also the driving force behind the Linguistics Committee and Program at DPS. *Editor's Note: This program will be detailed in a future issue of The Digest.*

He is an active member of the 100 Club of Arizona, volunteering countless hours and resources in support of its vitally important mission.

On a different front, it was noted that Felix has been very instrumental in advancing radio communications interoperability for first responders in Arizona through his passionate involvement with the Arizona Public Safety Communications Commission (PSCC).

Representatives from the NLPOA said they were proud to have chosen Felix for the award because he has been a role model within DPS, to other law enforcement agencies, to the public, and many other organizations on what commitment to public and community service really means.

He has been a role model... on what commitment to the public and community service means.

for families in and around Puerto Penasco, Sonora, Mexico.

He also volunteers his service to members as a "soul care" adviser; a program similar to the peer support program at DPS.

Also helping Felix earn the honor from the NLPOA were his efforts at work.

It was noted that he has provided supervisory and leadership training at DPS for most of his career while mentoring dozens of DPS employees in their daily, work-related

DPS partners with Miss Arizona 2007 to make roadways safer

by Kellen Chavez, Digest Staff Writer

In a mutual campaign to make Arizona roadways safer, the Department recently partnered with the 2007 Miss Arizona winner, Nicole Turner.

Running on the platform "To Drive With Care," or simply TDWC, Turner contacted the Department in early July about a partnership to help her as she tries to become Miss America 2008.

"I wanted to try and find an organization that has the same mission as I do, which is saving lives and making Arizona safer," Turner said.

Moreover, the collaboration will give DPS another means, and face, to spread its message about driving safely.

DPS Director Vanderpool said, "We are very pleased Miss Arizona 2007 chose to partner with DPS to get the message out about the dangers of impaired driving and not wearing safety belts.

"Nicole has a great passion in this area and DPS will utilize her help in increasing public awareness about dangerous driving habits."

The passion Vanderpool speaks of stems from the fact that Turner has endured a tragic loss because of careless driving.

In August 2001, just months after Turner had graduated high school, she lost her friend, Aaron Mattison, in a car crash where he was ejected through his windshield.

She said, "He was under the influence of alcohol and was not wearing his safety belt, so through my years competing for the title of Miss Arizona I have been trying to go to organizations and schools to spread the message of his story and try to save lives in the process."

In addition to meeting with Vanderpool and Deputy Director David Felix, Turner will also work with the DPS Community Outreach and Education (CORE) Unit in developing the best course of action for the partnership.

Turner, who recently turned 24, has decided to work extensively with DPS Video Productions Supervisor Ruben Chavez in an effort to create a public service announcement (PSA) with lasting impact.

She said, "I'm trying to expose the misconception of the 'pageant girl' to show people that my year as Miss Arizona is not about the glamour.

"This is a year of service and for promoting my platform."

Turner has plans to work with DPS



Partnering with Miss Arizona 2007

Nicole Turner, Miss Arizona 2007, addressed the media with DPS Director Roger Vanderpool at the Department's Training Building in Phoenix on Aug. 17 to discuss the details of her partnership with DPS. Through the partnership, Turner will be helping DPS spread messages to the public about the importance of practicing safe driving habits.

Marketing Specialist John James, as well, to explore the possibility of creating brochures that will remind the public of the importance of practicing safe driving habits.

Having danced for 20 years, the talent portion of the pageant comes naturally to Turner. However, she describes the live interviews with judges to be challenging.

She said, "You can practice as much as you want but ultimately you still never know what they're going to ask."

Dealing with the media, as a DPS "partner" or "representative," can be similarly challenging. As a result, Harold Sanders, one of the Department's public information officers, has worked with Turner, giving her an outline of how to answer certain types of questions from reporters to stay in line with how DPS wants to be represented.

"Harold [Sanders] gave me an itinerary on appropriate words and answers to use,

which was extremely helpful because I want to be sure the Miss Arizona title and DPS are shown in the best way possible," she said.

The official press conference where Turner was announced to the public as a DPS "partner" took place on August 17 at the DPS Training Building in Phoenix.

It was there that the State of Arizona realized, thanks to the help of the media, Turner's seriousness about the partnership and her commitment to her platform of promoting driving safety.

She said, "It's very sad when I go to high schools and elementary schools and have people tell me that one of their loved ones has also been involved in this type of driving situation.

"But it really makes me feel good because I know I'm not just doing it for the memory of my friend. I'm doing it also for all those who have lost loved ones."

DPS Officer Robert Huijkman arrests highly sought after fugitive

While on patrol August 3, DPS Highway Patrol Officer Robert Huijkman of Prescott arrested a sexual predator from South Carolina who had recently been featured on the television program "America's Most Wanted."

Huijkman was patrolling a stretch of Interstate 17 when he stopped the suspect, Calvin Jeffers, for unsafe lane usage.

The suspect presented the officer with an expired South Carolina driver's license. Huijkman then ran a check and confirmed through National Crime Information Center that Jeffers was wanted out of South Carolina.

Jeffers, who molested five children and was once a licensed foster care parent, had been living in Prescott Valley for some time.

The initial report of allegations against Jeffers was filed with the Anderson County Sheriff's Office in South Carolina in 2001.

After additional investigation by the

Anderson County Sheriff's Office, 12 warrants were issued June 20, 2002, for his arrest on six counts of criminal sexual conduct in the 1st degree and six counts of committing/attempting a lewd act upon a minor.

After Huijkman arrested him, Jeffers was held at the Yavapai County Jail in Camp Verde where he awaited extradition proceedings.

The Anderson County Sheriff's Office provided tons of praise and thanks to Huijkman for the vigilance and good police work he displayed that led to the arrest of this highly sought after fugitive.

The arrest also drew national media attention and the Anderson County Sheriff's Office granted interviews about the arrest with media affiliates from CBS, NBC and Fox, as well as local newspapers in their region.

During these interviews, they noted the work of the DPS "trooper" in Arizona, Robert Huijkman, which led to the arrest of Jeffers.



Walking is a great way to start or enhance an exercise program

by Officer Jason Yeager

DPS Health and Wellness Coordinator

It is starting to cool down and for those of us who have put our exercise programs on hold due to the weather or to an altered summer schedule, walking is a great way to get back on track.

Over the past few decades the population of overweight and obese Americans has risen tremendously. More than poor diet, this is because many things have become too convenient and created sedentary lifestyles.

Drive-thrus, delivery, moving sidewalks, escalators, remote controls and other inventions have made it so we hardly need to move unless absolutely necessary.

By removing some of these conveniences we can expect improvement in our mobility, energy level and overall fitness.

Take the stairs at work, park in the farthest space, walk into a restaurant and stand while waiting as opposed to drive-thru or curbside service and walk to the mailbox instead of driving. Try other things like standing during phone calls. Many people feel they are too tired to exercise after work even though they were sitting most of the day.

By getting other muscles involved in your daily routine you will feel less tired and will be more willing to be active. These small changes can help you attain the strength and endurance to try more challenging forms of exercise.

Walking is an excellent way to start an exercise program or to maintain a comfortable, low-intensity fitness level.

A starter exercise plan always includes walking. Start slow by walking around the block or a track. Remember to stretch before and after. Warming up your muscles will allow for better gains during the walk.

Afterwards, stretch again to encourage circulation and muscle recovery. Try to accumulate at least one hour of walking at the start. This does not mean all at once. Studies show that breaking up exercise into segments of as little as 15 minutes will provide the same gains as continuous exercise.

As you get more comfortable try to challenge yourself with longer walks or perhaps a desert walk or hiking trail. As you add more distance you can mix things up and find trails with elevation or carry water bottles or weights to increase intensity.

Areas such as Piastewa Peak, Camelback Mountain, Thunderbird Mountain, White Tanks Recreational Park and many local parks have great trails and pathways for all levels of walking and exercise. Be sure to bring your own water as many of these areas do not provide it.

Web sites such as www.trails.com, www.hikeaz.com, parks and recreation sites, homepages to city sites and many others can provide information on where to walk and the equipment needed to do so safely.

Local malls such as Tempe Arizona Mills have walking clubs that are indoors and provide a social atmosphere as well.

Even if you are in an exercise program that is already at a higher intensity level you can use walking to help speed recovery or during your off days. After an intense workout, 'walking it off' allows for your body to cool down naturally and keeps your muscles moving to allow lactic acid to burn off and reduce your chances of injury or cramping.

If you are on a workout schedule that includes days off, taking a walk on those off days will make it easier to continue your workout. Off days allow for recovery but muscles cannot repair or grow without oxygen and oxygen is not delivered properly without movement. If you are sedentary on your off days it will take longer for your body to warm up the next time you exercise and you put yourself at a higher risk for injury.

If you have kids, you can use walking as a form of family time. Not only will they gain from the exercise but it is a great time to catch up without the distractions of the telephone, television or video games.

A simple activity like walking has many benefits and is easy for most people. Get out, enjoy our state and keep healthy enough to enjoy life now and for years to come.

Stay Safe, Stay Healthy

Jason Yeager, #6100

(602) 223-2319

DPS officer stops "Weinermobile" on suspicion of stolen plate

by Kellen Chavez, Digest Staff Writer

On June 27, DPS Highway Patrol Officer Korey Lankow made an unusual traffic stop amidst the three-year construction project running through Interstate 10 in Tucson.

As he headed southbound, Lankow found the reason for slowing traffic was that the beloved Oscar Meyer Weinermobile was ahead.

He said, "Some drivers were having a hard time staying in their lane."

The Weinermobile is a massive vehicle, measuring 27 feet long and 11 feet tall, so Lankow had concerns about whether the chassis was legal for it to be traveling on the highway.

Lankow contacted District 8 radio and ran a records check on the Wisconsin vanity plate, which read "YUMMY," only to find out something interesting.

Radio informed Lankow the plate returned as stolen by the Columbia, Missouri Police Department.

Sgt. Paul Castellano and Officer Raul Molina assisted Lankow as he pulled the Weinermobile over at the exit 261 gore point on Interstate 19.

The male and female passengers, both college students from Utah and Illinois respectively, were surprised to be pulled over.

"I informed the passenger and driver of the reason for the traffic stop," Lankow said. "They were both totally shocked and looked at each other in speechless amazement."

The Weinermobile was on its way to a Holiday Inn near Tucson International Airport to set up for an American Idol function.

Lankow knew very well that there had



Luckily it wasn't stolen

If there were to be a list of the world's least conspicuous cars, the famed Oscar Meyer "Wienermobile" would surely be at the top.

to be some kind of explanation and that it was unlikely that an iconic vehicle like the Weinermobile was driving around with a stolen vanity plate.

He said, "I put two and two together [that there was some error] prior to the stop, but I needed to inform the occupants that the error needed to be addressed.

"This could have potentially been a high-risk stop, if an officer did not have an

MDC or didn't put two and two together."

It turned out the Columbia PD had simply made an entry error, and there was nothing suspect about the "YUMMY" plate.

News of the traffic stop has made its way through many national news outlets.

Lankow said he was contacted by several radio stations to do interviews, and the story even made it onto one of Jay Leno's opening monologues.

Recruiting ...

CONTINUED FROM PAGE 3

number of difficulties whether it be selling their homes or air fare prices, so we tried to do as much of the testing as possible in Michigan."

While the June trip was still successful in gaining new applicants, the number was less than the April trip.

Anspach attributed this to slight improvements made in Michigan since April in regards to the state's enormous budget deficit.

Still, the trips provided the Department with a great opportunity to network, market

the agency to a new part of the country and, of course, find new, highly-qualified sworn officers for the Department.

Several of the applicants that came about through the agency's trips to Michigan are well on their way to becoming officers with DPS, either as cadet officers or lateral officers.

"Between the two trips to Michigan, we brought back approximately seventy-four applicants that progressed to phase two processing," Anspach said.

DPS Human Resources Analyst John Kobe, who went on both recruiting trips, said, regarding the applicants, "Everyone was impressed with the quality of the candi-

dates there. I think with the economic situation in Michigan you have a large pool of quality candidates who just haven't been able to be employed yet."

In addition, there may still be a possibility for another return trip to Michigan in October.

Anspach said, "We have advertising through the rest of the year that's going on throughout Detroit, Boston and New York and we anticipate having either recruiting events or hiring activities in those areas later this year."

Anspach is the new head of the DPS Sworn Selection/Recruiting Unit within the agency's Human Resources Bureau.

Pat Eagan quietly contributes to the memory of a fallen marine

by Kellen Chavez, Digest Staff Writer

"It just didn't seem right to me that these guys were giving their lives for their country and, as far as a lot of us were concerned, they weren't getting the proper respect they deserved," said DPS Officer Pat Eagan.

The 12-year veteran of the Department speaks as the assistant captain for the Arizona chapter of the Patriot Guard Riders (PGR) – a group that attends the funerals of fallen soldiers while flying American flags from the backs of its motorcycles.

Formed in August 2005, the group began solely as a means to block the protests enacted by the Westboro Baptist Church, a radical group not affiliated with nor endorsed by mainstream Baptists.

These protestors, who are based out of Kansas, show up to funerals holding signs that read things such as "God hates America," and "Thank God for IEDs."

Eagan said, "So the American Legion Group [which became the PGR] out of Kansas got big American flags and they started attending these funerals. They would turn their backs on the protestors to block the view of the family."

Through notifications sent out by the Department of Defense, the PGR are able to see which fallen soldiers are from their state.

The PGR then works with the casualty assistance officer of the given branch of the armed forces to arrange riding to the funeral.

All of this takes place only with the approval of the soldier's family.

Eagan said, "We are invited guests only, and we do whatever the family wants us to do. There have been times where there's been a big procession and others where we just stand off away from the church."

Earlier this year, however, Eagan's participation with the PGR became more personal. In January he attended the funeral of Sgt. First Class Russell Borea, a native of Tucson, who was killed in Iraq.

Before the funeral, Eagan was contacted by writer/filmmaker, Mike Slee, who had worked with DPS in the past doing stories on the Highway Patrol. Slee had been embedded with Borea's platoon in Iraq and wanted to contact Eagan and the PGR.

When they showed up to the funeral, Eagan led the procession from the church to the burial ground, bearing the PGR flag and the American flag.

He said, "Once we got to the gravesite we took the American flag off the pole and



In service of a memory

Soldiers and former peers of Sgt. First Class Russell Borea stand outside his office and look at the American flag and the Patriot Guard Riders flag that led his funeral procession.

we gave it to the Army Honor Guard. They took that flag, and the patriot guard rider flag, laid them on top of the casket of Sgt. Borea for a few seconds to do what they call 'christening the flags.'"

Eagan had taken the American flag from his home on an impulse that morning.

Slee, who would be returning to Iraq to finish his story, asked if he could take the two flags back to the unit in Iraq.

Eagan, a Vietnam-era and Desert Storm veteran with over 20 years of military experience, explains his first-hand understanding of the importance of symbolism.

He said, "When you've served in the military, there's a lot of camaraderie and a lot of respect for symbolism."

Although Slee had difficulty immediately getting to Iraq the flags still found their

way back.

Sgt. Miguel Medina, Borea's best friend and also the man who filled his position, came to the Tucson in April to visit Borea's wife and family. Slee passed the word along to Eagan, and the parties agreed to meet.

At the meeting Eagan presented Medina with the two flags. Medina, in turn, took the flags back to Iraq where they currently hang from the doorway of Borea's old office.

Eagan insists that his only goal is to pay respects to those men who have given their lives fighting for this country. He and the PGR seek no personal recognition.

He said, "These soldiers now have these flags that were in the funeral procession, led the hearse and were taken to his gravesite.

"It keeps his memory of what he did alive."



Ready for order

In the March/April issue of *The Digest*, there was an advertisement for a 1:18 scale replica of the Department's modern highway patrol cruiser. Those replicas are now available for order. If you are interested in ordering one of these collector's items for yourself, follow these directions: Make a check for \$23.40 (which includes shipping and handling) out to RBI Toys Inc. and mail to 1460 Archibald Ave. Ontario, CA 91761. Make the correspondence to the attention of "Mrs. Izet Qimwong". Make sure to indicate your mailing address and that you desire to purchase the "AZ DPS Highway Patrol Car". Contact Izet at RBI Toys Inc. with questions at (909) 930-2788 Ext. 115.

DPS plays major role in hosting international auto theft seminar

The Arizona Department of Public Safety recently co-sponsored the 55th Annual International Association of Auto Theft Investigators (IAATI) Seminar at the Wigwam Golf Resort in the West Valley.

More than 320 individuals from throughout the United States and several foreign countries, not including their family members, attended the five-day event which was held to provide the latest information on auto theft investigation, auto insurance fraud, motor vehicle identification and auto theft prevention technology.

Among those attending the seminar, the largest of its kind in the world, were professional auto theft investigators, members of the auto insurance industry, automobile manufacturers, car rental companies, the National Insurance Crime Bureau, and sister agencies from Canada, Mexico and Europe.

"The seminar provided a wonderful opportunity for these various individuals and groups to network, exchange ideas, concepts, and practical solutions for combating auto theft," said DPS Sgt. J.D. Hough, a member of the Arizona Vehicle Theft Task Force who also serves as president of the Arizona Auto Theft Investigator's Association.

The DPS Honor Guard presented the colors at the opening ceremonies of the event and DPS Officer Andy Swann sang the National Anthem.

Several DPS employees were also heavily involved in planning for and executing the large-scale event that took place from August 5th through August 10th.

Guest speakers at the seminar, which was also sponsored by the Arizona Automobile Theft Authority and the Arizona Auto Theft Investigators Association, included DPS Deputy Director David Felix, Arizona Attorney General Terry Goddard, and Litchfield Park Mayor Tom Schoaf.

Also speaking were Tommy Hansen, the President of the IAATI, and Enrique Cantu, the Director of the Arizona Auto Theft Authority.

Breakout classes held during the seminar covered a wide variety of topics ranging



Auto theft seminar

DPS was heavily involved in various aspects of the recent International Association of Auto Theft Investigators (IAATI) Seminar held in the Phoenix-area. The event is pictured above.

from cloned vehicles to fraud trends in auto finance.

Also highlighted at the seminar were successful multi-agency partnerships, such as the DPS administered Arizona Vehicle Theft

auto theft investigators.

It has grown to over 3,000 members representing over 35 countries and includes representatives of thousands of law enforcement agencies, including DPS and many others in Arizona.

The organization also boasts a myriad of other members with a legitimate interest in auto theft investigation, prevention and education.

"The seminar was a great success and we (event organizers) were

glad we could give back to the IAATI," said Hough. "As we had hoped, the seminar provided vital training and networking opportunities to the attendees, which will further reduce auto theft not just in Arizona, but in the United States and in various countries throughout the world."

Also highlighted at the seminar were successful multi-agency partnerships, such as the DPS administered Arizona Vehicle Theft Task Force, that exist so that law enforcement agencies can share resources and expertise.

Task Force, that exist so that law enforcement agencies at the local, county, state and federal levels can share resources and expertise to reduce auto theft.

The IAATI was formed in 1952 in order to improve communication and coordination among the growing family of professional



Letters

Dear Director Vanderpool:

I wish to express my appreciation to your agency for the support provided to the suppression efforts of the promontory fire in the Payson Ranger District of Tonto National Forest.

We had grave concerns for the public's safety on Highway 260. The fire was highly visible from the highway and we had a large helicopter operation next to the highway which was a major distraction to the driving public. I am convinced that the intensified patrol provided by your officers saved lives.

DPS Sgt. John Whetten went out of his way to assist our law enforcement personnel. He handled personnel scheduling and problems that arose in an effective and efficient manner. All of your officers represented your department with great professionalism and they were a pleasure to work with.

Again, thanks for the extra effort your officers demonstrated.

Tony Sciacca

Incident Commander

Arizona Central West Zone Incident Management Team

Dear Director Vanderpool:

I would like to thank DPS Sgt. Jeff Lane, Detective Ron Baroldy and Detective Lance Shupe for their assistance on a child molestation case that occurred in San Diego. Detectives from the San Diego Police Department Sex Crimes Unit received a delayed disclosure from a victim who was molested by a next-door neighbor. What made this case unique was the fact that the suspect's grown stepdaughter participated in the molestations by taking nude photos of the victim who was 12 years old at the time. Based on evidence gathered by SDPD detectives, arrest warrants for the father and his stepdaughter were obtained. The stepdaughter resided in Safford, Ariz. and was employed as an assistant newspaper editor.

SDPD detectives contacted Sgt. Jeff Lane and Detective Ron Baroldy, and re-

quested DPS assistance with the arrest of the stepdaughter and obtaining a search warrant of her residence. Sgt. Lane and his team understood the sensitivity involved in this case and maintained operational security. Once the Arizona search warrant was secured by Detective Baroldy, detectives from SDPD flew to Safford and were met by DPS detectives. The suspect was persuaded to come in for an interview by Shupe and Baroldy and confessed to taking nude photos of the victim. A search of the suspect's residence in Arizona revealed nude photos taken by the suspect of a second victim, who was 10. The suspect has since been extradited to San Diego. The case received media attention in Arizona and San Diego.

I would like to commend Sgt. Lane and Detectives Baroldy and Shupe for their professionalism and cooperation on a sensitive case. Their assistance and hospitality has been a tremendous help in bringing these two suspects to justice.

William M. Landsdowne

Chief of Police, San Diego PD

Dear Director Vanderpool:

I would like to recognize DPS Officer Tom Kimbrough for his support of the Special Olympics Equestrian Program. Kimbrough judged our showmanship and equestrian events at our 2007 summer games competition. His professionalism and respectful rapport with the athletes was well noted and appreciated. He fully donated his time and expertise! We are thankful for the tremendous support the Department of Public Safety provides to the Special Olympics but working one on one with an officer is an extra blessing. Thank you so very much!

Amy Roth

Volunteer Director of Equestrian Sports

Dear Director Vanderpool:

Last week, my agency was working with a citizen, Ron McCullagh, who had a boat stolen in 1999. His wife was able to locate a possible match for sale on "Craig's List," in Prescott. The location was just outside the city limits and was in county jurisdiction. I spent several days on the phone with the sheriff's office and they were unable to assist us. Luckily one of my sergeants suggested we call DPS.

Officer Chris Wilson was previously employed here in Scottsdale and he now works for DPS. He was contacted and within minutes DPS Sgt. Manera called me. I gave

him the information late in the day and believed he would have someone work on it in the next few days. Imagine my surprise when an hour or so later I got a call from your detectives who were already on the case.

Over the following few days they had located and inspected the boat, met with and reviewed the paperwork provided by the current owner and the previous owner, and had even done research with the manufacturer about what the hull number should look like and how it should be mounted on the boat. The boat in Prescott was eventually ruled out and is not McCullagh's stolen boat.

The DPS detectives involved were Angelo Trujillo and Dave Zavos. To put it plainly, they did a great job! I was very impressed with their efforts, their willingness to work well with other agencies, and their commitment to excellent communication. They spoke with me several times and also had contact with the victim. He was quite pleased with their actions on his behalf.

Please thank the detectives, as well as Manera, for their professionalism and the assistance they provided us in this investigation.

Lt. J. Jeffrey Smythe

Scottsdale Police Department

Dear Director Vanderpool:

I would like to thank you for participating in the Immigration Enforcement Roundtable discussion last week. As the House of Representatives prepares to examine immigration reform, I believe it is extremely important to hear directly from you about your agency's experiences and ideas on how we can combat illegal immigration and associated crimes. I felt that the discussion was informative and illuminating.

It is clear to me that Congress' inaction on this subject has left important agencies facing increased responsibility with reduced resources. Undoubtedly, making progress on this issue will require hard work on all our parts, as well as continued cooperation between the branches of government.

I truly appreciate the honesty with which you approached the roundtable discussion. I want to encourage you to contact me with any other thoughts on immigration enforcement and any other issues that affect our respective communities. Thank you again for your time and participation.

Harry E. Mitchell

Member of Congress

ARIZONA DEPARTMENT OF PUBLIC SAFETY

DIGEST

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Down the Highways

August 1972

DPS Lt. Richard Sandheger announced Aug. 10 that the Department plans to initiate helicopter ambulance service Oct. 1.

Sandheger, commander of the Air Rescue Unit, said the University of Arizona is conducting a study to determine where helicopter service will be most needed in the state.

The first helicopter used by DPS in the program will be picked up Sept. 11 in Fort Worth with the second one expected to be acquired Sept. 22.

Falcon Field will be home for both helicopters, Sandheger said, adding that one will be stationed there continuously while the other moves about the state as needed.

July 1977

Highway Patrol Officer Ron Colby said he observed a speeding car on I-10 just north of Casa Grande July 27 and stopped the vehicle.

After the stop, he noticed a marijuana cigarette inside the car. Colby then was joined by two other DPS officers.

Inside the vehicle they found a gift-wrapped package and were told it was a bear for a child.

When the package was unwrapped, the officers noticed the stitching on the bear had been altered. They opened the bear and discovered nearly two pounds of cocaine.

The three suspects were arrested and booked into the Casa Grande city jail on various narcotics-related charges.

August 1982

If APS electric consumers noticed that their light bulbs seemed to glow a bit brighter Aug. 11, it may have been the result of the fuel burned by the Cholla Power Plant near Joseph City.

About 35,000 pounds of marijuana with an estimated street value of \$35 million was burned by the utility company to generate electricity.

With the cooperation of APS, the Department coordinated "Operation Pot Roast." The contraband, seized by DPS officers over the past few years, was mixed with coal, crushed, pulverized and fed into one of the four APS steam generators in Joseph City.

July 1987

DPS Special Investigations Officer Tom Willis was credited with saving the life of 4-year-old Lindsay Dykstra who was trapped inside a burning vehicle that had flipped over near the I-10/S.R. 360 transition in Tempe.

Willis was en route to Douglas July 3 when he saw a non-contact vehicle suddenly move to the left.

A second vehicle took evasive action, striking the right rear of a Nissan King Cab pickup, causing the pickup to fishtail. The truck struck a guardrail, flipping it upside down and trapping the little girl.

While the truck was burning, Willis and two others were able to pull the girl from the wreckage. As Willis and other helpers were running across the road with Lindsay, the

truck exploded and burst into flames.

August 1992

DPS Officer Jim Vanta reported Aug. 10 that Special Operations Unit members under the direction of Capt. Bill McCance made simultaneous entries into five separate locations on three acres of U.S. Forest Service land near Seneca.

The multi-agency operation resulted in the arrests of two suspects, seizure of 88 marijuana plants, a sawed-off shotgun and one pistol.

The operation included officers from the Gila County Narcotics Task Force, the U.S. Forest Service, Arizona Game and Fish, Gila County Sheriff's Office, national Guard and a DPS Ranger helicopter.

July 1997

DPS Officer Bill Turner advised the Duty Office July 3 that he assisted the Southwest Border Alliance (SBA) in serving a search warrant on a Yuma-area residence which resulted in the confiscation of \$13,700 in cash and 15 grams of heroin.

Turner said officers also seized a 1982 Chevrolet pickup truck and a 29-foot travel trailer while arresting one suspect and booking him into a Yuma County Jail on felony drug charges.

About a week earlier, SBA agents arrested two suspects in Yuma for the sale of five pounds of meth to undercover agents. Search warrants served after the arrest resulted in the seizure of a cellular phone cloning device and two vehicles.